A penny saved, a house built

Habitat For Humanity's Penny Project aims to help a Saskatoon family put up a new home in the city PAGE 3

PROTECTING THE FAIREST OF THEM ALL

THANKS TO MOTT 50, SHIELDING YOUR SKIN FROM THE SUN NO LONGER MEANS HIDING UNDER A SARONG PAGE 11

SASKATOON metro®

Thursday, July 5, 2012

News worth sharing.

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Provincewide conditions create the perfect storm

Forecasters kept busy with warnings, updates. Saskatchewan tornado numbers above average at start of storm season

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Hot, humid air and strong low-pressure systems coming through the province have created an ideal environment for the development of severe weather.

Experts say the number of tornadoes in the province is already above the seasonal average of 10 to 12.

"It's going to be a year with a lot of tornadoes," said John Paul Cragg, Environment Canada's warning preparedness meteorologist for Saskatchewan. "But whether this is a trend, whether it's continuing and whether things are getting worse … that's something we'll have to look at and see what happens at the end of the season."

Greg Johnson, known as Canada's tornado hunter, said weather conditions can change in an instant.

"The thing about tornadoes is you need very specific atmospheric conditions to have potential for tornadoes and we just happen to have — over the last couple of weeks, since June 15 — we happen to be sitting in a situation where those atmospheric conditions exist," said Johnson.

"But next week could be different — it could be completely different — and next summer we may not see any. Weather is funny that way."

A storm system capable of forming tornadoes is seen during a recent bout of severe weather in south-central Saskatchewan. GREG JOHNSON/CONTRIBUTED

Elliot Lake mourns

A capacity crowd packed a parish in the northern Ontario community to say goodbye to one of two women killed in a mall-roof collapse PAGE 5

Minnesota goes Wild for free agents

Zach Parise and Ryan Suter, the top two prizes of NHL's free agency, both ink identical 13-year contracts with Minnesota PAGE 14

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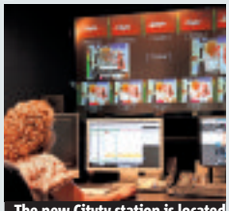
Broadcasting

Citytv sets up shop in province



The new Citytv station is located in the former SCN headquarters and will take over much of the SCN's educational mandate. CONTRIBUTED

Saskatchewan's newest television station officially launched this week and with it marks a major change in provincial television.

The new channel, Citytv Saskatchewan, has taken over the CRTC licence and headquarters of the former Saskatchewan Communications Network (SCN).

For consumers there will be some new programs available, such as the Canadian edition of The Bachelor and the breakout U.S comedy New Girl. But from 6 a.m. to 3 p.m. each day, Citytv will fulfil the licensing requirements left by SCN to provide educational content.

"It is an interesting sort of hybrid licence," said Scott Moore, president of Rogers Broadcasting. "It has our popular prime-time and late-daytime programming on it, but it keeps the commercial-free educational aspect of the service that was part of the arrangement when the government sold it."

Some have raised concerns over what this means for local film and television production in the province. The previous controllers of SCN had guaranteed approximately $1.7 million a year for local productions; Citytv Saskatchewan has alternatively promised 23 per cent of its gross revenues on local productions.

JEFF MACKEY/METRO IN REGINA

Report

Good news comes with bad for tourism

The Conference Board of Canada released its tourism report on Wednesday, and the results are mixed for Saskatchewan.

The report states that growth in visits to Saskatchewan from Alberta will be strong, but overseas arrivals from Europe will ease due to the European debt crisis.

METRO

Students from Mayfair School in Saskatoon have some fun while they contribute their share of pennies to Habitat For Humanity's Penny Project, which will help a Saskatoon family build a new home in the city. CONTRIBUTED

Penny Project proves cent still has value

Habitat For Humanity. Coins collected to build home for family

Scrounging for pennies between couch cushions may just help a Saskatoon family build a new house.

With the Canadian penny going extinct, Habitat For Humanity's resource-development co-ordinator Graham Dickson concocted the Penny Project to help a local family.

"I remember when the one- and two-dollar bills were taken out of circulation. A lot of people became sentimental about the bills," said Dickson. "I certainly felt that way again with the penny. What's great about this project is we can harness that sentiment and create a positive, tangible outcome for a local family."

Everyone from business owners to elementary-school students have donated and thus far the Penny Project has raised $4,000.

An exorbitant number of pennies requires a legion of volunteers to roll them and Dickson even persuaded his girlfriend's mother to help.

"I couldn't have known how entertaining this would become. We've had so many people walking through our doors with buckets of pennies, bags and pockets loaded with pennies. Part of the fun is hearing how the pennies were raised."

$100,000 would cover construction materials and the purchase of land. To qualify for Habitat For Humanity initiatives like the Penny Project, families must be working, have children, and have a combined annual income of less than $52,000. The family takes on an interest-free mortgage once the home is finished.

The project concludes in November and pennies can be donated at Habitat For Humanity's ReStore, at 122 Avenue D South. DORIAN GEIGER/METRO

Millions of pennies

- $100,000 worth of pennies, or 10-million pennies, weighs around 55,000 pounds. If stacked one on top of another, the coins would stand about 9.8 miles high.
- Habitat For Humanity's resource-development co-ordinator Graham Dickson said numerous electronic rolling machines have already malfunctioned due to the high volume of pennies coming in.
- "The logistics around dealing with that many pennies is staggering," he said.

The Saskatoon Police Service hosted its annual BBQ on Wednesday afternoon, complete with popular mascot Sarge. DORIAN GEIGER/METRO

Downtown. Wind the only culprit at police BBQ

Forceful winds did not prevent the Saskatoon Police Community BBQ from unfolding downtown Wednesday.

The Hub City Optimist Club provided hotdogs and hamburgers for patrons as the Saskatoon Police Service provided an abundance of entertainment and displays.

Live entertainment included demos by the K-9 and explosives-disposal unit, the Saskatoon Police Pipes and Drums Band, and appearances from mascots like the SPS's Sarge and the University of Saskatchewan's Howler.

The SPS also showed off its armoured rescue vehicle. Other displays came from Saskatoon Fire and Protective Services, MD Ambulance and Crime Stoppers. DORIAN GEIGER/METRO

1 NEWS

On the web

Don't sweat it with Botox

Whether it's humid conditions or plain old stress, trickles or torrents of sweat will undoubtedly dampen anyone's mood. Now experts are claiming regular Botox injections could bring long-lasting relief to people suffering from excessive perspiration. Go to metronews.ca to read the full story.

Mobile news

The first International Panda Awareness Week (known also by the clever acronym PAW) kicks off Thursday in London. To see videos of the cutest black-and-white bear on Earth, scan the code.

CFL. Lineman Patrick fined for throwing punch during game

The CFL issued fines to three players Wednesday, including one to Saskatchewan Roughriders offensive lineman Chris Patrick for throwing a punch during a game.

Patrick took a swing at Hamilton's Shawn Crable in the fourth quarter of Saskatchewan's season-opening 43-16 win on Friday. The Riders were penalized 25 yards for the incident and Patrick was ejected.

The penalty negated a 27-yard gain for Saskatchewan receiver Weston Dressler. Had the catch stood, Dressler would've finished the contest with over 200 yards receiving.

Dressler ended the game with 13 catches for 180 yards and three TDs.

Meanwhile Montreal linebacker Shea Emry was fined for an illegal hit on Calgary quarterback Drew Tate during the Stampeders' 38-10 win over the Alouettes on Sunday. Stampeders offensive lineman Dimitri Tsoumpas was fined for unnecessary roughness on Montreal defensive lineman J.P. Bekasiak in the same game.

THE CANADIAN PRESS

Police

Public warned of Secret Shopper scam

The Regina Police Service is reminding residents about so-called Secret Shopper scams. Secret Shopper scams usually begin when a victim responds to an ad on a job search website or a site such as kijiji or usedregina. After accepting the job, the victim is then sent a package of information and a cheque for $1,500-4,000, overpaying the victim for the promised wage. The victim is then instructed to cash the cheque and keep a small amount as a wage. They are instructed to use some of the cash to perform Secret Shopper duties, then asked to transfer the rest of the money to another individual. In this scam, the cheque bounces and the victim is responsible for repaying the full amount of the cheque.

There have been eight victims of this scam in the Regina area in the past month.

METRO

Million-dollar grant. Saskatchewan's parks get a boost from province

Saskatchewan Regional Parks have received a grant of $1.023 million from the provincial government for the 2012-13 fiscal year and Parks, Culture and Sport Minister Kevin Doherty says it shows the province is working to support the volunteer-run parks.

"Our government has shown its commitment to our regional park system by maintaining the same level of funding as last year — the highest amount received by regional parks since the 1990s," said Doherty in a release.

"Our regional parks are important to the people of Saskatchewan. They contribute to the economy and are reflective of our communities and the volunteers who operate them."

The release explained the funding would be used for capital upgrades enabling parks to update and improve their facilities while ensuring visitor safety and offering improved services.

In total there are 99 regional parks in Saskatchewan, 74 of which have achieved accreditation. METRO

Green space

99

There are 99 regional parks in the province, 74 of which have achieved accreditation

Since joining the team in the off-season, Roughrider Kory Sheets has impressed many by fighting his way into the starting running back spot.

JEFF MACKEY/METRO

Sheets a good fit in Canadian game

CFL. Running back comfortable catching, running with the ball

JEFF MACKEY
jeff.mackey@metronews.ca

Roughriders running back Kory Sheets may be poised for a breakout season this year.

The 27-year-old from Manchester, Conn., seems to have a skill set tailor-made for the CFL.

"It seems like in this league the running backs and receivers are pretty much the same thing," said Sheets. "You are expected to be able to do everything with the ball, running it, catching it and that's what I am good at, so coming up here and making those plays works well with my game."

Sheets' choice to wear the No. 1 jersey might be considered a bold statement by some, but the choice has very humble roots.

"Coming into football they say the average shelf life of a running back is two-and-a-half to three years," said Sheets, who signed with the San Francisco 49ers in 2009.

"That's why I chose the No. 1, so that I know that I have one more chance to play football and most guys don't even get that."

Good reviews

Kory Sheets has drawn praise from both teammates and coaches in his short time with the Riders.

"He doesn't look like he is as fast as some guys, but once he's in the open field he turns it on," said head coach Corey Chamblin.

"He is also able to catch and he is the confident type, so at this point in time I think he is doing a good job."

"He is an energetic guy who can make people miss him and gain yards after contact," said quarterback Darian Durant. "And I think he has showed you what he can do in his receiving game."

Composite sketch

Sexual-assault suspect at large

Saskatoon Police Service have released a composite sketch of a suspect involved with a sexual assault that occurred at Avenue L North and 29th Street on June 5 of this year. The victim was not physically injured during the assault.

METRO

Police composite sketch of the man suspected in a sexual assault. CONTRIBUTED

Angling

Free fishing weekend

This upcoming weekend is Saskatchewan's annual free fishing weekend, which means anyone can have a shot at being a master angler without buying a fishing licence. "Saskatchewan is one of the world's top destinations for freshwater fishing," said Environment Minister Ken Cheveldayoff in a release.

"This weekend is an excellent opportunity for people of all ages to learn about and enjoy the sport of fishing and to recognize the importance of our fish and aquatic resources." On average, roughly 250,000 people fish Saskatchewan's waters each year and that includes more than 40,000 out-of-province anglers. METRO

U of S

PhD students win scholarships

Two University of Saskatchewan PhD students have been awarded Vanier Canada Graduate Scholarships, a highly competitive and prestigious federal government scholarship for top-tier doctoral students.

They are among 156 scholars from Canada and abroad who have each been awarded $50,000 a year for up to three years of study at one of Canada's universities.

"We are proud to be attracting top graduate students who will be part of the next generation of world-class researchers and professionals trained at the U of S," said Karen Chad, U of S vice-president research.

METRO

Town mourns victim of mall-roof collapse

Funeral. Crowd packs parish to say their goodbyes to one of two women killed in accident that has sparked public inquiry

A capacity crowd packed a church in a bereaved northern Ontario community Wednesday to pay their respects to one of the victims of a deadly roof collapse at a local shopping mall.

Rev. Paul Conway said more than 320 people came to Our Lady of Fatima parish to pay tribute to Doloris Perizzolo, who was remembered as a good neighbour.

The 74-year-old was one of two women killed when a section of roof came crashing through the Algo Centre Mall on June 23.

The accident crippled local commerce in the small community, touched off a criminal investigation led by the provincial police force, and sparked a public inquiry ordered by the province's premier.

Perizzolo was eulogized by a longtime friend who shared memories of growing up side-by-side, and regaled the audience with anecdotes of her friend's kindness and consideration as a neighbour.

THE CANADIAN PRESS

Mourners react outside the Our Lady of Fatima Parish in Elliot Lake, Ont., on Wednesday, after the funeral of 74-year-old Doloris Perizzolo, who died in the Algo Centre Mall roof collapse. KENNETH ARMSTRONG/THE CANADIAN PRESS

Investigation

Outrage over the collapse prompted Premier Dalton McGuinty to order a public inquiry late last week, drawing support from the opposition.

- Police have also launched their own investigation. But OPP spokesman Pierre Chamberland wouldn't comment on a report that the investigation stems from information about the building's record of unaddressed maintenance problems. The Ministry of Labour paid six visits to the mall in the last three years.

Magnotta case. Body part found in Montreal park belongs to Jun Lin: Police

Montreal police have confirmed that the human remains found Sunday in a park belong to Jun Lin.

Lin's torso was found in a suitcase in late May, while other body parts were mailed to offices of political parties and to two schools. Police have said the only missing body part was Lin's head.

"Major-crimes squad investigators just got confirmation," Const. Anie Lemieux said.

Luka Rocco Magnotta has been charged with first-degree murder in Lin's death.

THE CANADIAN PRESS

Jun Lin is shown in this undated photo from Facebook. HANDOUT

Human trafficking

Feds crack down on foreign sex-trade workers

Strip clubs, massage parlours and escort services can no longer bring foreign temporary workers into Canada, the federal government said on Wednesday.

In a joint announcement, Human Resources Minister Diane Finley and Immigration Minister Jason Kenney said foreign nationals brought in to work in sex-trade-related businesses are particularly at risk of being exploited and abused.

TORSTAR NEWS SERVICE

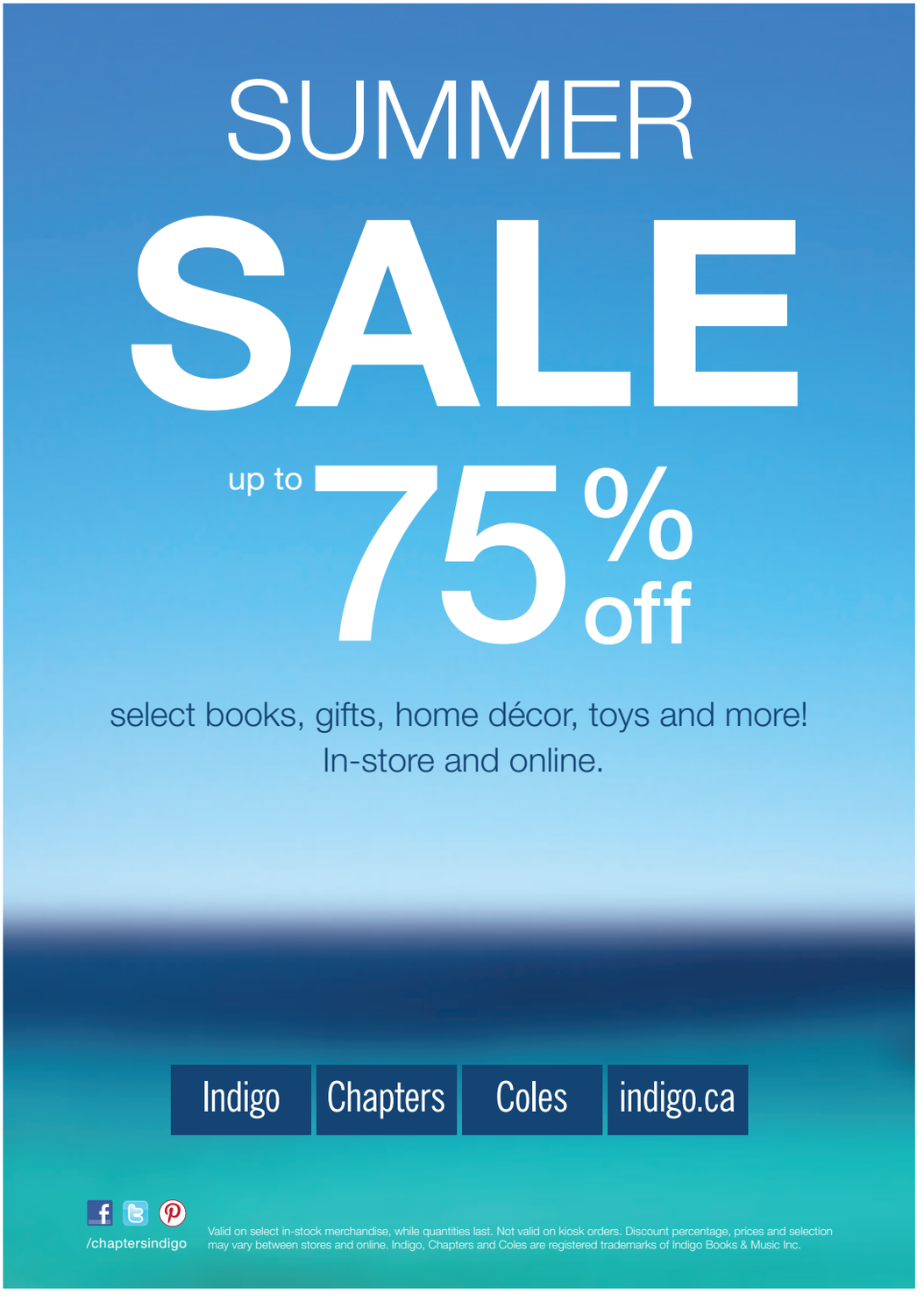
Minor shake-up

Fantino gets Oda's job in swift cabinet shuffle

Prime Minister Stephen Harper swiftly shuffled his front benches Wednesday following the resignation of embattled International Co-operation Minister Bev Oda.

The hole created by Oda's resignation on Tuesday had been expected to be filled later this summer in what could have been a wide-ranging shake-up, but ended up being only a minor change. Oda was replaced Wednesday by former associate defence minister Julian Fantino.

THE CANADIAN PRESS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Scientists' 'Eureka moment': God particle exists (they say)

Cheers, ovations. Crowd hails the discovery of a 'cornerstone,' but is it the real secret of the universe?

This is Peter Higgs — the Higgs of the Higgs boson or the God particle. The British physicist predicted it in the 1960s and he told the audience Wednesday the new discovery appears close to what he foresaw.

DENIS BALIBOUSE/THE ASSOCIATED PRESS

The God particle lives!

Well, they're pretty sure it does.

To cheers and standing ovations, scientists at the world's biggest atom smasher in Switzerland claimed the discovery of a new subatomic particle Wednesday.

They called it "consistent" with the long-sought Higgs boson — popularly known as the God particle — that helps explain what gives all matter in the universe size and shape.

"We have now found the missing cornerstone of particle physics," Rolf Heuer, director of the European Centre for Nuclear Research (CERN), told scientists.

"As a layman, I think we did it," he told the elated crowd.

But he also declared: "As a scientist, I have to say, 'What do we have?'"

He added: "We have a discovery. We have observed a new particle that is consistent with a Higgs boson."

The Higgs boson, which until now has been a theoretical particle, is seen as the key to understanding why matter has mass, which combines with gravity to give an object weight.

The idea is much like gravity and Isaac Newton's discovery of it: Gravity was there all the time before Newton explained it.

But now scientists have seen something very much like the Higgs boson and can put that knowledge to further use.

CERN's atom smasher, the $10-billion Large Hadron Collider on the Swiss-French border, has been creating high-energy collisions of protons to investigate dark matter, antimatter and the creation of the universe, which many theorize occurred in a massive explosion known as the Big Bang.

Fabiola Gianotti, a team leader, did raise a touch of reality: "The dream is to find an ultimate theory that explains everything — we are far from that."

THE ASSOCIATED PRESS

Theory

1960s

Scientists have long puzzled over how the minute building blocks of the universe acquire mass. Without mass, particles wouldn't hold together and there would be no matter. A theory proposed by British physicist Peter Higgs and teams in Belgium and the U.S. in the 1960s is that a new particle must be creating a "sticky" field that acts as a drag on other particles.

Cash

$10B

The Large Hadron Collider — the atom smasher at the European Centre for Nuclear Research — alone cost some $10 billion to build and run. This includes the salaries of thousands of scientists and support staff around the world who collaborated on the experiments that had but one target: Expose the mystery God particle.

History

WWW

The massive scientific effort that led to the discovery of what is thought to be the God particle has also paid off in other ways — one of which was the creation of the World Wide Web. Scientists developed the web to make it easier to exchange information among each other. Vast computing power was needed to crunch all the data.

Target

96%

"This is just the beginning," says James Gillies, a spokesperson for the European Centre for Nuclear Research. Scientists will keep probing the newly discovered particle until they fully understand how it works. One other target: They also hope to understand the 96 per cent of the universe that remains hidden from view.

Ocean debris. Seabirds' stomachs show shocking level of plastic pollution

A new study suggests the stomach contents of seabirds show there has been a big increase in plastic pollution off the northwest coast of North America over the past four decades.

University of B.C. researcher Stephanie Avery-Gomm says the amount of plastic a seabird eats provides a snapshot of the garbage that ends up in a big part of the northern Pacific Ocean.

Avery-Gomm says necropsies performed on 67 beached northern fulmars, a gull-like seabird, showed nearly 93 per cent of them had bellyfuls of plastic — everything from twine, Styrofoam and candy wrappers.

She says one bird had 454 pieces of plastic in its gut.

Action needed

"This highlights the need for a reliable, internationally standardized method of monitoring trends in plastic pollution."

Stephanie Avery-Gomm's study

The study, published online in the journal Marine Pollution Bulletin, examined the stomach contents of birds on the coasts of B.C., Washington and Oregon.

Avery-Gomm says the plastic found in the birds is similar to the level in the polluted North Sea.

THE CANADIAN PRESS

Tweet! That's Patch

Dog takes train, Twitter traces him

When Patch hopped aboard the train to Dublin, the power of Twitter reunited the dog with his owner.

Irish Rail sent a "Lost dog!" tweet with a photo after the Jack Russell terrier arrived with Wednesday commuters on a train from Kilcock in Kildare.

In 32 minutes, the photo found Patch's owner, Deirdre Anglin.

THE ASSOCIATED PRESS

Hawking hacked! Tiny scanner will delve into famed scientist's brain

What is Stephen Hawking thinking?

Maybe we'll soon know.

An international conference organized by the Canadian creator of the iBrain on Saturday will reveal the celebrated theoretical physicist's thoughts, it's claimed.

"We will present the data we were able to generate from Stephen Hawking," NeuroVigil founder Dr. Philip Low told Torstar News Service.

That data was collected last summer by attaching Hawking to the iBrain, the world's smallest portable brain scanner.

Hawking, who is also a participant in the July 7 conference, is immobilized with the motor neuron disease amyotrophic lateral sclerosis.

Hacking Hawking's brain has given Low and the mind-reading algorithms he developed for his young company, NeuroVigil, their highest profile yet in a quest to re-examine the whole idea of consciousness.

Physicist and best-selling author Stephen Hawking.

TED S. WARREN/THE ASSOCIATED PRESS

It started, Low said, with zebra finches.

"These animals were able to produce mammalian sleep patterns."

The iBrain has the potential to monitor sleep disorders, autism and depression, Low said.

For the 70-year-old Hawking, whose ability to communicate via machine is deteriorating, it could mean the last stage: "Unlocking a locked Stephen Hawking," Low said.

The conference in Cambridge, England, will be live-streamed on conference.org.

TORSTAR NEWS SERVICE

Sadness ... and new fears

A boy holds a poster of Ahmed Hussein Eid during his funeral in Suez, Egypt, on Wednesday. The university student was stabbed by three bearded men — fuelling fears that Islamist street vigilante groups may be feeling more confident with an Islamist president in office.

THE ASSOCIATED PRESS

Spraying scorn on the banks

Protesters spray champagne as they demonstrate against what they describe as a "close relationship between bankers and politicians" outside Portculis House in London on Wednesday, as former Barclays Bank chief executive Bob Diamond gives evidence to the British Treasury select committee. Diamond acknowledged on Wednesday that there had been "mistakes" and "reprehensible" behaviour at the bank as he appeared before British lawmakers. CARL COURT/GETTY IMAGES

'Phablets' the next tech trend?

Mobile. Latest product aims to bridge gap between tablets and smartphones

Take one part smartphone and one part tablet and what have you got? Phablets, a newer breed of mobile device that's expected to compete with the smaller-sized tablets now flooding the market.

Phablets aren't going to kill tablets or smartphones but they will be a viable niche product, said Sascha Segan, lead mobile analyst for PC Magazine.

There's only one major phablet currently available, the Samsung Galaxy Note, with its 13.5-centimetre touchscreen. It looks huge beside the 8.9-centimetre iPhone but is considerably smaller than 17.8-centimetre tablets like Research in Motion's BlackBerry PlayBook and the 24.6-centimetre iPad. LG has also revealed plans to release a phablet, the Optimus Vu.

"Most phablets look like you are holding a slice of bread up to your head, or some other similarly awkward object," Segan said from New York.

But as consumers make fewer phone calls, size isn't expected to matter.

Hybrid device

"They'll start dropping their smartphones and pick up these phablets."

Sascha Segan, lead mobile analyst, PC Magazine

Tech trends firm ABI Research predicts more than 208 million of these hybrid devices will be shipped by 2015. THE ASSOCIATED PRESS

Takeover. Maple Group bid for TMX clears hurdles

The longstanding proposed takeover of the TMX Group cleared a number of key regulatory hurdles on Wednesday, perhaps most importantly from the Competition Bureau.

The federal regulator said it will not challenge the attempt to take over the operator of Canada's major stock exchanges by the Maple Group Acquisition Corp., a factor that could have potentially sidelined the transaction.

Meanwhile, the Ontario Securities Commission gave its approval and published final recognition orders for the deal, which values the TMX Group at $3.8 billion.

Maple spokesman Luc Bertrand said the approvals were "a very major milestone" for the consortium of 12 Canadian banks, pension funds, brokerages and insurers leading the bid.

The plan that would see the Maple Group control as much as 90 per cent of trading activity in Canada.

THE CANADIAN PRESS

Food trend. Greek yogurt a best-seller in Canada

As Greece sinks daily deeper into financial crisis, a humble staple of the Greek diet has become a billion-dollar business in North America.

Greek yogurt is flying off supermarket shelves in Canada after conquering the U.S. market. The high-protein content, natural ingredients and creamy taste have made it a hit with consumers in a health-conscious culture.

Canadian producers have doubled and tripled facilities to meet increasing demand and grocery retailers have experienced temporary shortages, leaving consumers scrambling for the latest holy grail of a healthy diet.

Greek yogurt is flying off the shelves at grocery stores across Canada. PAWEL DWULIT/TORONTO STAR

Sales of Greek yogurt have tripled and quadrupled in some Longo's locations, said Carlo Noce, category manager for dairy at the grocery chain.

TORSTAR NEWS SERVICE

Market Minute

DOLLAR 98.7¢ (+0.07¢)

TSX 11,913.87 (+65.12)

OIL $87.05 US (-61¢)

GOLD $1,615 US (-$6.80)

Natural gas: $2.91 US (+1¢)
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SUMMER TIME IS NOT NECESSARILY FUNNER TIME

HE SAYS...
John Mazerolle
metronews.ca/hesays

Hey, remember when summer weather was something to look forward to?

That was a real nice season we had once.

But now, with soaring temperatures, stifling humidity and more frequent disasters, summer feels vaguely threatening — like a guy who smiles too widely all the time.

Recognizing that extreme weather is still dangerous regardless of the season is only common sense, which makes it impossible for most people.

That's why there can be an extreme-heat alert, a smog advisory, a tornado watch, a skin-pustule warning and a forecast of partly locust-y, and there'll still be some guy on the TV news having a beer on a patio and gushing about the "awesome" weather. If there was a flood he'd talk about how he loves to swim as he floated away on his chair.

Fortunately for you, this column recognizes the dangers and has a few tips to keep the dog days from biting.

As you enjoy this season

"Don't say, 'Hot enough for you?!' This will cause people to punch you in the nose, and they'll be right to do it."

Keeping it cool: DOs and DON'Ts

DO congratulate yourself on your safety consciousness when you realize the chances of your doing anything strenuous, such as having sex or working a job, are zero.

DON'T go jogging mid-day. Going at dawn will make the run more enjoyable, due to fewer people pointing and saying, "Look at the crazy person."

DO drink from a canteen, so that when it's empty you can melodramatically turn it upside down and shake it.

DON'T use a hand fan, unless you're a fading southern belle and can say things like "I do declare — it's hot enough to parboil an egg in my cleavage" without sounding silly.

DO check in on elderly or sick neighbours, so you can get first dibs on their stuff.

DON'T say, "Hot enough for you?!" This will cause people to punch you in the nose, and they'll be right to do it.

DO drink eight glasses of water a day. It's a totally made-up number with no scientific foundation, but people my age have been spouting it our whole lives, so just do it or we'll feel stupid, all right?

DON'T jump headfirst into an oasis, no matter how dehydrated you are. It's usually a mirage. Telltale signs include palm trees growing in Canada and hammocks strung up in major cities. If you're still not sure, toss a co-worker.

DO leave animals in your car, but only if you intend to eat them later. Free-Range Rover is delicious.

DON'T leave behind Conservatives, even if the window is open a crack. When you return, you may find them sweaty and confused, frothing at the mouth and ranting that climate change is a myth. This is normal. If a Conservative says anything logical, call 911 immediately.

Those are the keys to a safe summer, so long as you also avoid gas barbecues, choking hazards, major highways, dying birds, disease-carrying mosquitos and cancerous sunshine.

Remember that if you see any TV reports that show an entire week without any kind of death, disease or disaster, it's probably a mirage. And, above all, have a good time.

Summer is here, that means rule No. 1 is to be extra cautious while having fun — danger looms behind every corner. GETTY IMAGES

Black Widow conquers 45 hot dogs

MARIO TAMA/GETTY IMAGES

10 minutes to gold

Noted noshers hold their titles

Five-time hotdog-eating world champion Joey Chesnut, left, and women's world record holder Sonya Thomas "stare down" at the Nathan's Famous Fourth of July International Hot Dog Eating Contest ceremony.

Thomas, of Alexandria, Va., beat her own record by gobbling down 45 hot dogs and buns in 10 minutes Wednesday to win the women's competition at the annual Coney Island contest. GETTY IMAGES

Previous record

41

The petite Thomas, who goes by Black Widow, won $10,000 US. The previous women's world record was 41 dogs and buns in 10 minutes.

Contest tradition

Dog-eat-dog world

Joey Chestnut ate his way to a sixth straight win, tying his personal best in a sweaty, gag-inducing spectacle.

The 28-year-old San Jose, Calif., man nicknamed Jaws scarfed down 68 hot dogs in 10 minutes in the sweltering summer heat to take home $10,000 US and the mustard-yellow belt. He bested his main rival by 16 dogs. The Nathan's Famous Fourth of July International Hot Dog Eating Contest has been a city tradition for 97 years.

THE ASSOCIATED PRESS

After it all went down

"I feel good, it was a great win.... I tried my best. I'm looking forward to next year already."

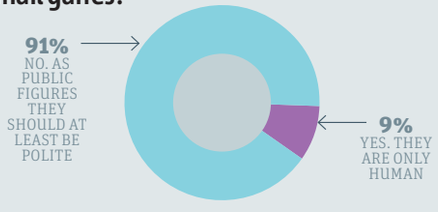
Joey Chestnut, after the contest, adding he wished he could have eaten a record number of hotdogs for the audience.

Watch the video at metronews.ca

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should politicians be forgiven for their email gaffes?



Twitter

@heymatheson:
I love the sound of city crews working and lawnmowers. #yxe #summer

@CLS_Rob:
Had fun getting home yesterday evening - our street blocked by a downed tree #yxe #skstorm

@TPilon22:
@TimTebow See you in the @CFL next season Tebow. #Ridernation #steelernation

@J_Voss27:
Excited to watch @ChrisGetzlaf tear up the @CFL and all of the defenses this season. #RiderNation

@mishmashmagoo:
In other news, I have secured my Riders-Stamps tickets for the 19th in Regina, Alberta. #ridernation #likechristmas

@BobbyMcLean1:
If it isn't the rain it's the wind #sask

metro

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Mendel gallery: Where It's At

More than 7,000 works of art. New exhibition honours Mendel's past while looking to future

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

It's an incredible honour for any artist to have their work displayed at Saskatoon's Mendel Art Gallery, but it's not an entirely new experience for Wally Dion.

"When I was a kid I had art here as part of the elementary and high school shows," said Dion.

His work has come a long way since the science fiction themed portrait the 36-year-old artist displayed in his hometown gallery as a teenager.

His striking piece, Steel Star, is what he calls a "circuit board quilt" — a traditional First Nations symbol made out of computer parts and metal. It is part of the Mendel's permanent collection, which is being celebrated with an exhibition entitled Where It's At.

He is honoured to be included in the display, which will be shown at the Mendel through Sept. 16.

"This shows just how supportive Saskatoon and Saskatchewan can be for artists," said Dion. "It proves there can be a human element to the art scene."

Curator Sandra Fraser says that sense of community was a driving force behind Where It's At, which brings together diverse works from the more than seven thousand pieces in the Mendel permanent collection.

"A collection captures history. It could be a history of this area, or art making, or the history of this institution and the people who shaped it."

It's a celebration that takes on added significance in light of what the future holds for the collection's home. Although Fraser says the exhibition would have been held even if the stage weren't being set for a move to the Remai Art Gallery of Saskatchewan in a little more than two years.

"We collect for the public and for future generations," said Fraser.

"But we usually have more stuff than anybody knows. So it's great to be able to show it to the public."

Fraser said putting the exhibition together had her thinking about not only where the permanent collection is at, but also where it's going when the new gallery opens in late 2014 or early 2015, and it gains an extra six thousand or so square feet to call home.

"That's a lot of space and it's so exciting to think about how much work we can show at one time," said Fraser.

"And we want to be able to change it, because there's not just one story we want to tell with the collection."

History

From meat to masterpieces

The Mendel's permanent collection began in 1965 with a donation of thirteen canvases from the private collection of the gallery's namesake, Fred Mendel, painted by members of the Group of Seven and their contemporaries.

Mendel was also instrumental in the construction of the building, providing a financial donation as a way of thanking the citizens for their support of his meat processing business Intercontinental Packers.

Curator Sandra Fraser stands in front of the exhibition Where It's At, highlighting the Mendel's permanent collection, which is on display through September 16. SIMON HIATT/FOR METRO

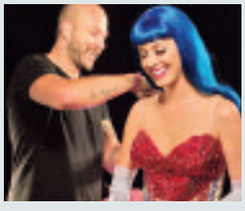
Documentary

Katy Perry: Part of Me

Director. Dan Cutforth, Jane Lipsitz

Stars. Katy Perry, Shannon Woodward, Lucas Kerr

●●●○○



This new documentary shows Katy Perry's genuine affection for her followers — she does daily meet-and-greets and invites audience members on-stage to dance — so it is no surprise that Part of Me is geared toward pleasing her Katycats. Intercut with lively performances from the wildly successful Teenage Dreams tour — six costumes changes in one song! — are musical numbers galore, visits with her slightly grumpy grandmother and interviews with her staff and friends who generally say the kind of things you expect them to. It's only when the tour nears its end and Perry's marriage is in tatters that the movie reveals something other than a carefully manicured picture of the star. The result is a series of vignettes featuring an attractive, talented young woman who seems really nice.

RICHARD CROUSE

Galaxy Cinemas Saskatoon
347 2nd Ave. South,
306-664-5060

3D (G) No Passes Thu 12-2:20-4:45-7:15-9:50

Business as usual. Cruise begins promo for latest flick despite divorce

Tom Cruise's personal life may be in upheaval, but it's still business as usual for the studio promoting his next movie.

Paramount Pictures has released the trailer for Cruise's crime drama Jack Reacher, which opens Dec. 21. The trailer launched on Cruise's 50th birthday with Tuesday's debut of The Amazing Spider-Man.

The start of the movie's marketing campaign coincides with the breakup of Cruise's marriage to Katie Holmes, who filed for divorce last week.

The divorce has brought fresh scrutiny to Cruise's ties to Scientology. His beliefs played a role in Paramount's split with the actor in 2006 over his discussion of his religion and his erratic behaviour regarding his romance with Holmes.

Paramount has since made up with Cruise, releasing his blockbuster Mission: Impossible: Ghost Protocol to a $690 million worldwide haul.

THE ASSOCIATED PRESS

2 SCENE

Scene in brief

Hudson's TV role a segue to Broadway?

After winning an Academy Award and a Grammy, Jennifer Hudson is taking a roundabout route to give theatre a try. She'll appear on the second season of the television musical drama series Smash in a multi-episode arc as a Broadway star named Veronica Moore. On Smash, Hudson will join fellow American Idol alum Katharine McPhee, who's one of the show's main characters. "It's just the perfect opportunity," Hudson, a fan of the NBC show, said in a recent interview. "It's gonna be challenging, and I'm a little bit intimidated to play this big Broadway star. But it's gonna be a great experience. I can't wait to get started." She also admitted the show may be a way for her to ease into an appearance on Broadway. Fans will have to wait a while to see her on Smash, though. The series doesn't return to television until early next year. In the meantime, Hudson, 30, is working on a clothing line. The Jennifer Hudson Collection for QVC will launch in September.

THE ASSOCIATED PRESS

On the web

Amazing Spider-Man snares $7.5M in midnight screenings ahead of Fourth of July

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Heidi Klum ALL PHOTOS GETTY IMAGES

Heidi Klum remains sour on marriage

"I don't know if I'll get married again," Heidi Klum, model and host of Project Runway, tells newspaper Bild am Sonntag.

After seven years of marriage, she separated from husband/singer Seal earlier this year.

"Although I really enjoyed being married. I'm a dreamer. I loved our annual fairy tale weddings that were our big family parties. But sadly, it somehow didn't work out."

That said, she's remained optimistic about the future, even if it doesn't involve a partner.

"I think everyone should work on their dreams," she told the paper. "I try to. I look into the future, concentrate on my family and I have to say that I'm happy. There are worse things in life than a separation."

Sean Bean

Bean's harassment charge dropped

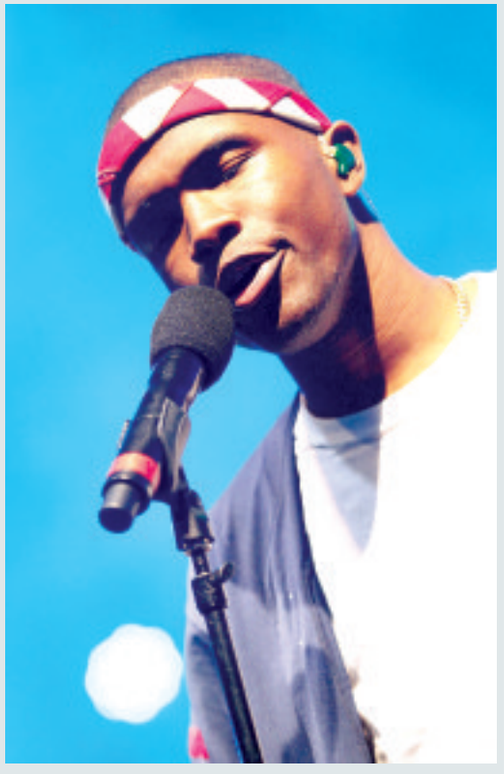
Game of Thrones star Sean Bean is no stranger to violence in films, and in his real life too.

He was arrested two months back for "harassing" his ex-wife, Georgina Sutcliffe.

Now, that charge has been cleared, reports Perez Hilton.

"A 53-year-old man attended a Central London police station by appointment on May 9, 2012, where he was arrested on suspicion of harassment and bailed pending further enquiries. He has since been released with no further action," London Police said.

The Word



Frank attracts an Ocean of attention by coming out

SAM CASTONE
Metro World News

A few days after newscaster Anderson Cooper revealed he was gay, an entertainer from an entirely different spectrum also shared something about his sexuality... with potentially groundbreaking results.

"Four summers ago, I met somebody. I was 19 years old. He was too," wrote singer and songwriter Frank Ocean, a member of hip-hop collective Odd Future, on his Tumblr page.

"We spent that summer, and the summer after, together. Everyday almost. And on the days we were together, time would glide. Most of the day I'd see him, and his smile. Sleep I would often share with him. By the time I realized I was in love, it was malignant. It was hopeless. There was no escaping, no negotiating to the women I had been with, the ones I cared for and thought I was in love with."

He goes on, leaving the reader to guess he is either gay or bisexual.

In the hip-hop world, being openly gay is uncommon, and Ocean is the most high-profile urban artist to ever publicly address being with a man. In fact, one of Ocean's collaborators, Tyler, the Creator, has been accused of being homophobic.

About Ocean, Tyler tweeted: "My Big Brother Finally Fucking Did That. Proud Of That Nigga Cause I Know That Shit Is Difficult Or Whatever. Anyway. I'm A Toilet."

Hip-hop legend Russell Simmons wrote on his own blog congratulating Ocean.

"Today is a big day for hip-hop. It is a day that will define who we really are. How compassionate will we be? How loving can we be? How inclusive are we? I am profoundly moved by the courage and honesty of Frank Ocean…."

Ocean has written songs for Justin Bieber, John Legend and Beyoncé, and appeared with Jay-Z and Kanye West on Watch the Throne.

His new album, Channel Orange, debuts July 17.

Brad Pitt

Move over Brad, Doug Pitt has arrived

Brad Pitt once starred in a Super Bowl Heineken commercial, and has made more than 30 ads in Japan alone (for Edwin jeans and other products).

But he better watch out, because his brother, Doug, just scored an ad with worldwide buzz. Appearing in an Australian commercial for Virgin Mobile, Doug (Brad's real bro) is seen as a boring suburban guy wearing khakis, taking an inordinate amount of pleasure from mowing the lawn, cooking and doing other household chores. The gag is that he's the anti-Brad.

Jennifer Aniston

Aniston living it up in Italy

This summer, the average Canadian will be excited to go to a beach not far from home, maybe take a road trip — if they're lucky, plan a long weekend.

Jennifer Aniston and boyfriend/actor/screenwriter Justin Theroux have different plans. They'll be hanging out in Italy, where they'll stay at the JK Place hotel, in a $3,750-a-night room, according to Us Weekly. They also rented a boat for $17,555 a week.

Twitter

@iamrashidajones
Celebrating July 4th in London is a little like baking yourself a birthday cake and then eating it alone in a dark closet. #IMissFireworks

@AlbertBrooks
BREAKING NEWS: There is a God.....particle.

@Tyrese
Acting Advice::. The day you STOP caring about how fly and sexy you are you might have a real shot at being an actress or actor...

@JerrySeinfeld
The reason every "Seinfeld" character greeted with "Hey,(name)" was secret tribute to #andygriffith-show #true #andyandbarn4ever

Soak up some sun

Summer. Mott 50 is the fashionable solution to sun safety, and co-founder Anne Botica Reilly explains why their label is set to shine

RICHARD PECKETT
life@metronews.ca

Safety has never been a sexy subject. It's always been a difficult sell, especially for fashion brands.

Ironically, it's a world that attracted Monique Moore and Anne Botica Reilly to launch their sun-protective label Mott 50 (mott50.com).

The brand is named after their old apartment's street (Mott Street, New York City) where the concept came to fruition in March 2011.

Moore and Reilly intended to take full of advantage of the female shift in attitude towards tanning and skin preservation.

Reilly explains, "I have a history of skin cancer in my family, so I have seen the direct effects — my aunt passed away and my mother is currently affected."

However, despite advances in skin care, the reality is that skin cancer among young people is on the rise. The World Health Organisation states that every year 132,000 melanoma skin cancers and two to three million non-melanoma skin cancers occur globally and this is set to rise. This can be attributed to the depletion of the ozone; however, that doesn't free us from our responsibility for self-preservation.

Luckily, UPF (ultraviolet protection factor) clothing doesn't have to resemble a poncho or be as coarse as a hair shirt.

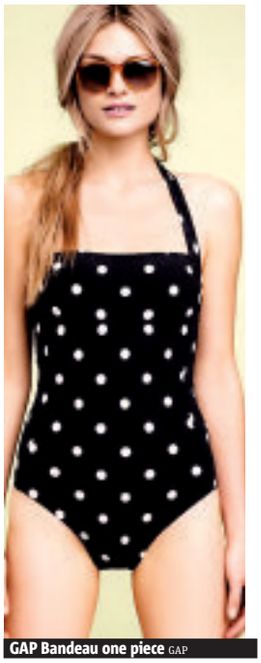
"We could see that a lot of the stuff was not that desirable for women to wear — it's uncomfortable on the skin." Reilly adds, "We have customers who like the fabric and the way that it looks — the added value is the UPF50 element." The failing of many other UPF labels is that they allow the safety aspect to dominate the aesthetic at the expense of the look.

Reilly admits, "It isn't a high-end fashion brand at all but we do try to play on the trends." Currently, Mott 50 offers wardrobe staples such as cardigans, crewnecks, henleys, tunics, shifts, maxi dresses and short and long-sleeved shirts for guys. "We look to the designers like Ralph Lauren, Burberry Prorsum and Thakoon, so we do try to make our label a little more funky," says Reilly. The biggest challenge for the design duo is sourcing fabrics. At the moment they use materials such as cotton poplin and bamboo spandex but they're working on expanding their remit.

The way that the process works is that clothing manufacturers pour in a blend that closes the porosity of the fabric to prevent harmful UV penetrating the skin. Alarmingly, "the average white T-shirt only has a UPF of five," says the Chicago native. Shocking, but does such a limited collection have any real future, given the amount of skin sun-care products now available? Reilly certainly believes so,

"Advances in sun care actually helps our business. It raises awareness for our products and stresses the need for labels like ours."

As well as being stocked in stores such as Neapolitan, New York, the girls plan to increase their men's wear line next season and are hoping to launch a children's wear collection next summer, which Reilly describes as "a huge market."



GAP Bandeau one piece GAP

Mott 50 tunic MOTT 50

Mott 50 tunic MOTT 50

Insert your face above MOTT 50

Anne Botica Reilly, left, and Monique Moore MOTT 50

Summer skin-care

SMOOTH

Malin + Goetz chamomile treatment

$68, malinandgoetz.com (available mid-July)

TONE

Clinique skin tone correcting lotion SPF 20

$45
clinique.com

PROTECT

Shiseido: Urban environment UV protection cream plus SPF50

$30
shiseido.ie

3 LIFE

Fashion Flash

Bottling Bon Jovi: Avon picks rocker as newest perfume partner

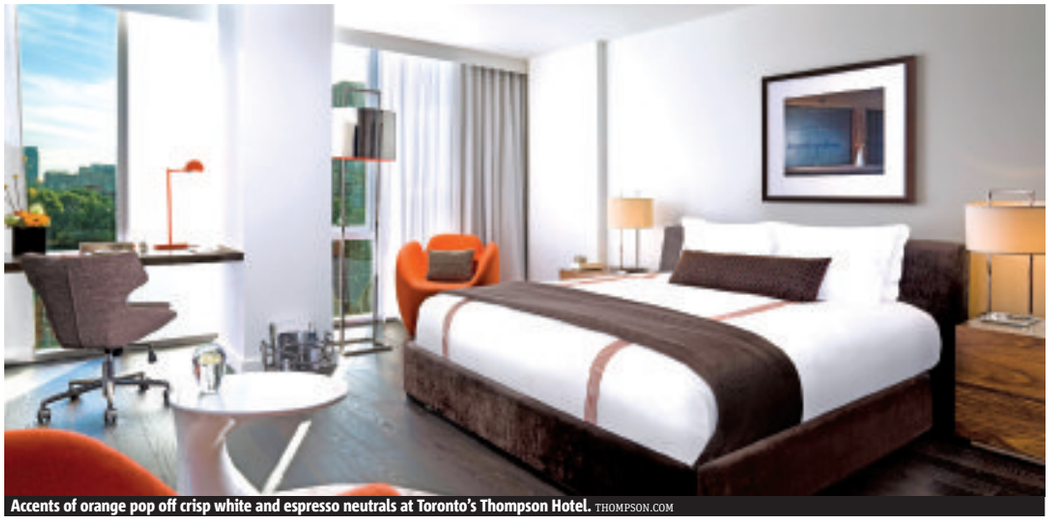
Jon Bon Jovi is going Unplugged in a bottle. Avon Products Inc. announced Monday that the 50-year-old rock star is the company's newest celebrity fragrance partner. He'll appear in ads for both Unplugged for Her and Unplugged for Him. The company said the inspiration for both scents is the unique feeling one has listening to a favourite song. The goal is "an emotional connection." The women's version, which will be available through Avon representatives and online in October, is a floral oriental perfume, and the men's is a woody floral musk fragrance. It will go on sale in November. Both Avon and Bon Jovi said admiration for each other's involvement in philanthropy largely drew them together as partners.

THE ASSOCIATED PRESS

On the Web

Designer presses the limits of patience: 60 hours of fashion in Band of Outsiders' Paris show

Style your home after Thompson Hotel



Accents of orange pop off crisp white and espresso neutrals at Toronto's Thompson Hotel. THOMPSON.COM

Hotel chic. Pops of colour and organic lines make comfortable style

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

The Thompson Toronto is Thompson Hotel's first international property outside the United States and opened two years ago in the King West Village, connected to the entertainment and financial areas, and walking distance to the Toronto island airport.

Designed with signature crisp lines by New York design firm Studio Gaia, the hotel's 102 guest rooms feature classic dark wood floors, cool white walls, organic and mid-century modern furnishings along with bright pops of fashionable orange. The look has now become synonymous with chic condo buildings around the country's largest city.

The rooms are crisp, modern and resemble oversized condo living with large windows boasting city views.

Lifestyle amenities include a rooftop lounge and pool area — the first of its kind in Toronto. Recreating the Thompson look is easy. Keep it clean-lined with neutral tones while adding a pop of colour such as orange, purple or turquoise. Here are a few affordable 'Thompson-esque' products to help you get this look in your own abode.

Super-charged with colour and easy-to-care-for bedding adds style for less. Karit blanket and pillow cover, $50, Ikea.ca

Useful yet trendsetting in orange makes for the perfect lamp. Carpenter Lamp, $80, CB2.com

Industrial legs with natural bone top gives a high-end contemporary look. Bone Side Table, $239, WestElm.com

Modern, chunky designs add a timeless feel with natural wood. Ronan Two Drawer Nightstand, $380, CrateAndBarrel.com

Etiquette

Dealing with stinky summer feet

Dear Charles the Butler, With summer here, I loathe to wear socks. How can I wear my shoes without socks, and how can I keep my shoes — and feet — from smelling? Also, is there an etiquette when it comes to going sock-less when you visit a friend's place? Should you remove your shoes? Sincerely, Michael J.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

First, let's make sure you are wearing the right shoes!

If you are going to go "sock less" than traditionally you would never do so in laced shoes.

Usually the shoe that is used is a "loafer" style shoe.

Now remember this is a casual style of dressing and is most appropriate socially. You should never go to work or out for a business dinner dressed without socks, it is just too casual a dress attire.

Now the problem with feet no matter who you are is that they naturally perspire (sweat), thus leather or plastic shoes combined with sweat generally smells.

So what to do?

First to state the obvious, clean fresh-washed feet are an important must. Secondly, let your shoes air dry with a dash of baby powder or talcum powder to absorb the moisture and help remove it.

Now the etiquette of when to wear shoes "sock-less" is also important.

If you know you are going to go to someone's home and be asked to remove your shoes, then never go "sock-less" as it is rude to walk around their home in your bare feet, even if you have clean feet.

If you arrive somewhere unexpectedly, and must remove your shoes, then always ask for a pair of slippers.

Now go enjoy the summer in your bare feet on a beach somewhere!

Only the asparagus should smell like feet at a dinner party. ISTOCK

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Watermelon goes beyond dessert while duck takes over for chicken

1. Glaze: In a blender, purée the watermelon flesh until smooth. Set aside. In a small, heavy-bottomed saucepan over medium, heat the apple jelly, stirring constantly, until it is melted. Add the watermelon juice and stir to combine. Stir in the lime zest and juice, red pepper flakes, jalapeno hot sauce and salt. Mix and taste, adjusting the seasoning if desired. The glaze can be used warm or cooled. It can be refrigerated in a tightly sealed jar for up to 2 days.

2. Heat one side of a grill to medium and the other side to low. During cooking, if you get flaring from the duck fat, you may need to turn off the low side completely.

3. Use paper towels to pat dry the duck. Using poultry or kitchen shears, cut along each side of the duck's backbone and remove it. Turn the duck breast-side up. Open the 2 sides of the duck as if you were opening a book, and lay it flat. Break the breast bone by firmly applying pressure and pressing down. Tuck the wing tips under the upper wing and place on a sheet pan. Set aside.

4. In bowl, mix salt, pepper and cayenne. Brush the duck all over with olive oil. Season lightly on both sides with the spice rub. Place the duck skin-side up directly on the grill grates on the cooler side of the grill. Grill for about 2 hours.

5. After 2 hours, brush the glaze on the duck. Continue grilling for another 20 to 30 minutes, brushing with the glaze 2 more times during the final grilling time. Grill until the juices run clear and the thigh registers 190 F.

6. Remove the duck from the grill and brush with glaze one last time. Let the duck rest for 10 minutes. Cut the duck into halves or quarters and serve.

Ingredients

Spicy Watermelon Glaze:
- 1 cup seedless watermelon flesh
- 1/2 cup apple jelly
- Zest and juice of 1/2 lime
- 1 tsp red pepper flakes
- 1/2 tsp jalapeno hot sauce
- Pinch of salt

Grilled Butterflied Duck with Glaze
- 6-lb duck
- 1 tsp kosher salt
- 1/2 tsp coarsely ground black pepper
- Pinch of cayenne pepper
- Olive oil
- Spicy watermelon glaze

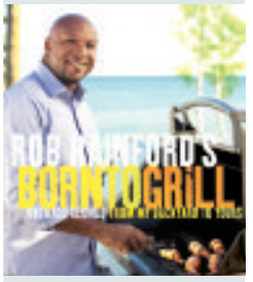
Grilled Butterflied Duck with Spicy Watermelon Glaze

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, GRILLING AND SOUTHERN FOODS EXPERT & EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS, IN NEW YORK & WASHINGTON AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK

Book of the week

Grill master lesson



In Born to Grill, Rob Rainford brings barbecue prowess to more than 100 recipes and 20 complete menus from around the world. The book is designed for hosting family and friends around your backyard barbecue.

While there are plenty of great grill classics (with a Rainford twist), he pushes barbecue boundaries with some true grilling originals and expert techniques, like cold smoking. As a result, readers get recipes that move beyond burgers and steaks. Among them are: Rotisserie Butter-and-Sage Cornish Hen, Portobello Mushroom Napoleons, Spanish Paella with Grilled Seafood, Egyptian Lamb Koftas and more. METRO

Transform your backyard to a Spanish oasis with Paella

1. In bowl, toss chicken thighs with 1/4 cup (50 ml) Memories Of sauce. In another bowl, toss shrimp with 1/4 cup (50 ml) Memories Of sauce. Cover both with plastic wrap. Place in fridge. Marinate 30 minutes. Preheat barbecue to medium-high heat.

2. One pouch at a time, place rice pouch on paper towel, seam side up. Microwave on high 3 mins. Let cool slightly and transfer contents to bowl. Set aside.

3. Place chicken thighs, shrimp and whole chorizo sausage on greased grill. Cook shrimp 5 mins., turning once halfway, or until cooked; cook chicken and chorizo 10 mins., turning every few minutes, or until cooked. Remove from grill. Once cooled, slice each thigh lengthwise in quarters and slice chorizo crosswise on diagonal into 1/2 inch (1 cm) thick pieces. Set aside. Keep chorizo separate.

4. Toss pepper with 1 tbsp (15 ml) of the olive oil; grill 12 mins., turning every few minutes, or until softened and charred. Cool, then cut into bite-sized pieces. Set aside.

5. Increase barbecue heat to high. Place shallow metal roasting pan on grill. Once pan is hot, add remaining olive oil. Add onion, garlic and thyme; cook, stirring frequently, 10 mins. or until onions soft and slightly coloured. Add tomatoes, chopped red peppers and chorizo; cook, stirring 5 mins.

6. Stir in peas, salt, pepper, chicken broth, brown rice, chicken, shrimp and remaining Memories Of sauce. Cook 10 mins, stirring occasionally. Remove from heat. Squeeze lemon over dish and sprinkle with parsley. NEWS CANADA

This recipe serves 12. NEWS CANADA

Ingredients
- 6 boneless skinless chicken thighs, about 500 g
- 1 btl (350 ml) PC Memories Of Spain smoked paprika marinade
- 1 pkg (454 g) PC Black Tiger Gigantico raw zipperback shrimp, thawed and peeled
- 1 box (851 g) PC cooked brown rice sides
- 1 pkg (250 g) PC mild Spanish-style chorizo sausage
- 2 sweet red peppers, stemmed, cored and quartered
- 1/4 cup (50 ml) olive oil
- 2 cups (500 ml) finely diced white onions
- 3 tbsp (45 ml) chopped garlic
- 2 tbsp (25 ml) chopped thyme
- 2 cups (500 ml) chopped tomatoes
- 1 cup (250 ml) PC frozen small sweet peas
- 1 1/2 tbsp (7 ml) sea salt
- 1 tsp (5 ml) freshly ground black pepper
- 1 cup (250 ml) PC Blue Menu chicken broth
- Half a lemon
- 1/4 cup (40 ml) chopped parsley

Fresh take. Short Rib Sliders & Snow Pea Slaw

1. Heat the grill to high.

2. To make the slaw, in a medium bowl combine the snow peas, carrot, mint, raisins and vinegar. Toss well, then season with salt and pepper. Set aside.

3. Using an oil-soaked paper towel held with tongs, oil the grill grates.

4. In a small bowl, combine the brown sugar, salt, pepper, cayenne, allspice and thyme. Rub this mixture onto all sides of the short ribs. Grill the meat on medium for 3 to 4 minutes per side. Transfer the meat to a plate and allow to rest for 6 to 8 minutes.

5. To serve, pile slaw onto each bun, then top with a piece of short rib. THE ASSOCIATED PRESS

Ingredients

Slaw:
- 1 cup snow peas, in strips
- 1/2 cup grated carrot
- 1 tbsp chopped fresh mint
- 1/4 cup raisins, chopped
- 1 tbsp cider vinegar
- Salt and ground black pepper

Short ribs:
- 1 tbsp brown sugar
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- Pinch cayenne pepper
- Pinch allspice
- 1/2 tsp dried thyme
- 1 lb boneless short ribs, cut into 6 pieces
- 6 small buns

4

SPORTS

Quoted

"I know at some point in my career when I'm not playing baseball I might look at it from the outside and be like, 'Whoa, I guess I had a good career.' I look at it right now as just another home run."

David Ortiz's milestone 400th home run became one of the few bright spots for Boston on a disappointing 2-5 road trip out West. The 36-year-old Big Papi's home runs rank eighth among active players and 49th on the all-time list. Next up for him to catch: Hall of Famer Duke Snider with 407.

NHL

Carle going back to Tampa Bay

Free agent defenceman Matt Carle signed a six-year contract with the Tampa Bay Lightning on Wednesday. Carle had four goals and 34 assists while averaging 23:01 minutes per game last season with the Philadelphia Flyers. He led Philly in blocked shots with 164. It's a return to Tampa Bay for Carle, who was traded to the Lightning by San Jose exactly four years ago to the day.

THE CANADIAN PRESS

On the web

Spain's second-straight European championship win only solidified its spot atop the FIFA world rankings, as expected. But a surge in points from other European teams has pushed some traditional powerhouses from around the world down the ranks. Scan the code for the story.

Federer back in familiar spot at Wimbledon

Roger Federer at Wimbledon on Wednesday. CLIVE ROSE/GETTY IMAGES

After curling in a 102-m.p.h. ace to grab a two-set lead a mere 56 minutes into his Wimbledon quarter-final Wednesday, Roger Federer casually pulled an extra tennis ball from his pocket and strolled to sit in his changeover chair for a sip to drink.

No fist pump. No yell of excitement. No energized jog to the sideline.

There still was work to be done; nothing to be taken for granted. Motivated by the bitter memory of quarter-final losses at the All England Club the past two years, the six-time Wimbledon champion Federer bullied 26th-seeded Mikhail Youzhny of Russia 6-1, 6-2, 6-2 to reach his record 32nd career Grand Slam semifinal.

"Feels great being back in the semis.... Haven't been here in the last couple years," the third-seeded Federer said. "So this is nice, to be back to a place where I've been so many times before."

He'll face a familiar foe Friday: No. 1 Novak Djokovic, the defending champion, who didn't have too much trouble while beating No. 31 Florian Mayer of Germany 6-4, 6-1, 6-4 in the quarter-finals.

THE ASSOCIATED PRESS

Alive in England

No. 4 seed Andy Murray of Scotland smacked his 18th ace on match point to finish off No. 7 David Ferrer of Spain 6-7 (5), 7-6 (6), 6-4, 7-6 (4) Wednesday, setting up a tilt with Jo-Wilfried Tsonga on Friday in the semifinals.

Destination Minnesota

NHL. 'Great day in the history' of Wild as Parise, Suter announce free-agency decisions

Ryan Suter and Zach Parise celebrate a Team USA goal at the Winter Olympics in Vancouver in February 2010. HARRY HOW/GETTY IMAGES

The Minnesota Wild were a starless team in need of a big-time jolt to get the franchise back to the point of being worthy of playing in "the State of Hockey."

The jolts don't come any bigger than this.

The Wild landed not one but both of the NHL's top prizes in free agency, signing forward Zach Parise and defenceman Ryan Suter on Wednesday. Each deal is for 13 years and $98 million, according to three people familiar with the contracts who spoke to The Associated Press on condition of anonymity because the team did not release details.

"WE GOT 'EM!" the Wild announced on their Twitter account early Wednesday afternoon, sending shockwaves across the league and through a devoted fan base that was starting to show signs of apathy after missing the playoffs for a fourth straight season.

Parise, the former New Jersey Devils playmaker, and Suter, who paired with Shea Weber on the Nashville blueline, were regarded the cream of what was a thin free agent crop, and each had spent the past four days poring over numerous offers from several teams before making a decision.

"This is a great day in the history of the Minnesota Wild," GM Chuck Fletcher said in a conference call.

Maybe THE greatest. The Wild have had a relatively nondescript existence aside from one stirring run to the Western Conference finals in their second season.

Parise knows the history well, having grown up in the Twin Cities. So he recruited his friend Suter to come help out the hometown team.

"We kept in touch throughout this whole thing and we decided that we thought for both of us that the best fit would be Minnesota," Parise said in a conference call. "We're excited that it worked out and we get a chance to play with each other."

One person said that even the breakdown of the contracts is exactly the same, with both players getting $12 million in each of the first two years. The deals then go down in value, with each player making $1 million in both 2023-24 and 2024-25.

And it's a relative homecoming for Suter, who is from Wisconsin, as well.

"It came down to where I felt my family would like to live," Suter said. "My wife's from Bloomington, Minn. That had a lot to do with it. Minnesota has a lot of good young players that I think will help make this team successful."

THE ASSOCIATED PRESS

Quoted

"I don't think you ever go in assuming you're going to land both of them. We shot for the moon, and we tried our best."

Chuck Fletcher, Minnesota Wild GM.

NBA. Raptors, Knicks spurned as Nash free agency saga takes Hollywood turn

Steve Nash. GETTY IMAGES FILE

And in the end, it was neither the Knicks nor the Raptors who won the Steve Nash sweepstakes.

According to several published reports, the Los Angeles Lakers — bitter division rivals of the Phoenix Suns — will get the 38-year-old free agent in a sign-and-trade deal involving draft picks.

If that's how it turns out — and no deals can be signed until July 11 — it will end one of the more drawn out free agency sagas of the past few years and one in which the Raptors were firmly involved in until eventually being rebuffed.

Bill Duffy says his client agreed to a three-year, $27-million US contract. In return, the Suns get four draft picks — first rounders in 2013 and 2015 and second rounders in 2013 and 2014.

It will be a huge blow to the New York Knicks, who were seemingly close to adding Nash in the middle of the day, and to the Raptors, who took their best shot at signing the most significant free agent from another team in franchise history.

TORSTAR NEWS SERVICE/
THE ASSOCIATED PRESS

MLB

Jays' Villanueva shuts down Royals

Carlos Villanueva pitched six shutout innings and Yunel Escobar drove in two runs as the Toronto Blue Jays defeated the Kansas City Royals 4-1 on Wednesday.

Rajai Davis had a triple and a sacrifice fly, while Kelly Johnson also had sac fly as the Blue Jays won their second straight over the Royals.

Villanueva (3-0) held the Royals to four hits and no walks while striking out seven in his second start since coming out of the bullpen to bolster an injury-depleted starting rotation.

Carlos Villanueva. THE CANADIAN PRESS

Casey Janssen pitched the ninth inning for his 11th save and second in the past two games for Toronto (42-40).

Luis Mendoza (3-5) allowed nine hits, one walk and three runs while setting a career high of nine strikeouts over six innings for the Royals.

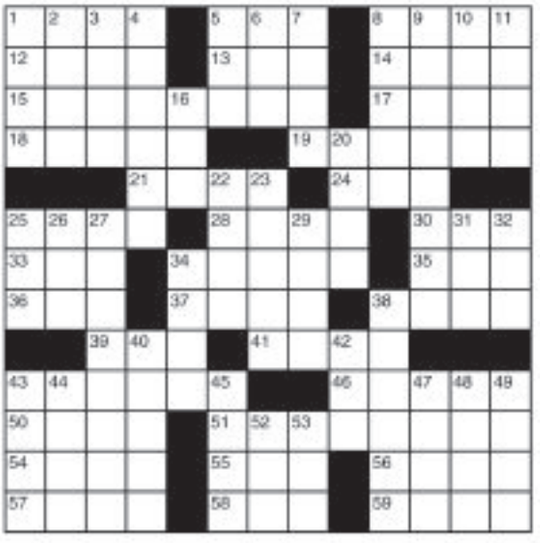
THE CANADIAN PRESS

Across

1 Curved lines
5 Foundation
8 Dame Myra at the piano
12 Basketball hardware
13 Candle tally
14 European capital
15 Alienate
17 On
18 Small plateaus
19 Entitlements
21 Capri, e.g.
24 Turn blue?
25 Existed
28 Tennis legend Arthur
30 Danson or Koppel
33 Type measures
34 Sen. Kefauver
35 George's brother
36 Eccentric
37 Teeny bit
38 Con game
39 Scull prop
41 Heap
43 Revolutionary War traitor
46 Goof-up
50 Poker holding
51 Rough calculation
54 Expectorated
55 Shelter
56 "Ars Amatoria" poet
57 Sicilian spouter
58 Actress Thompson
59 Capone adversary

Down

1 Attention-getting sound
2 Kennedy matriarch
3 Barracks array
4 Ankle woe
5 Prohibition
6 Heckler's missile
7 Antelope's playmate
8 Songwriter Carmichael
9 Appreciative of beauty (Var.)
10 Coin aperture
11 Bribes
16 Fool
20 Mid-month date
22 Ultimate
23 Bar legally
25 Stein or Stiller
26 Ostrich's kin
27 Tallinn dweller
29 Half (Pref.)
31 Mound stat
32 Flow blocker
34 Count counterpart
38 Preacher's speech
40 Heart line?
42 Luau souvenir
43 Basilica section
44 Engrossed
45 Farmer's place
47 Big dance party
48 He gave us a lift
49 Ohio nine
52 Witness
53 Mad Hatter's quaff



				4		1	9	3
6	3		5	2			8	
						6		
			4					1
5	9		3		6		4	7
8					5			
		7						
	8			1	3		7	2
3	5	2		6				

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	3	5	9	7	2	8	4	1
9	4	7	1	6	8	2	3	5
8	2	1	5	4	3	6	9	7
7	9	4	3	2	5	1	8	6
5	8	2	6	1	9	4	7	3
3	1	6	4	8	7	5	2	9
2	6	8	7	3	1	9	5	4
1	7	9	8	5	4	3	6	2
4	5	3	2	9	6	7	1	8

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SFA RHJ EWUNWDW MGFM FSMHQ OFSV OJKM WCBUHRWP F UNDW-NA GHJKWVWWBWQ MH EW GNK UWCCHA FNPW?

Yesterday's Cryptoquip: IF YOU ARE SHREDDING PAPERS IN A CRAZY FRENZY, SOME PEOPLE MIGHT CLAIM YOU'RE ON A TEAR.

Today's Cryptoquip Clue: M equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 28°/17° Sunny
Friday 28°/15° Variable
Know what the weather will be 14 days from now.
Check the 14 day trend
TWN incorporates MSC data

Horoscope

Aries | March 21 - April 20. You will get what you want just when you want it today and will overcome your rivals with ease.

Taurus | April 21 - May 21. Be clear in your mind what needs to be done and do it now, this very moment – not at some ill-defined date in the future.

Gemini | May 22 - June 20. Before you go sticking your nose in other people's business today you would do well to remember that the most productive changes you can make are to your own affairs.

Cancer | June 21 - July 22. You are determined to prove you have what it takes but don't go too far and risk turning people against you

Leo | July 23 - Aug. 22. If there are things in your life that you want to improve, now is the time to identify them and prepare yourself for the changes you will have to make.

Virgo | Aug. 23 - Sept. 22. Because you are a creature of habit you don't like to rock the boat, but the planets are now urging you to try something different, even if it means turning others against you

Libra | Sept. 23 - Oct. 22. If you see something you desire today you must seize it for yourself before your rivals beat you to it.

Scorpio | Oct. 23 - Nov. 21. Try not to feel too hard done by if an authority figure forces you to change what you are doing today because in the long-term you will benefit in ways you cannot yet see

Sagittarius | Nov. 22 - Dec. 21. This will be one of those days when everything goes right without much of an effort but that is not an excuse to sit back and do nothing

Capricorn | Dec. 22 - Jan 20. Take upheavals in your stride today and refuse to get annoyed when things don't work out the way you expected.

Aquarius | Jan. 21 - Feb 18. You will have to let a friend or colleague down today and it may not do your relationship a lot of good

Pisces | Feb. 19 - March 20. Ignore what everyone else is doing and do only what feels right to you. Come the weekend it will be apparent that you were right and they were wrong but try not to gloat about it – too much.

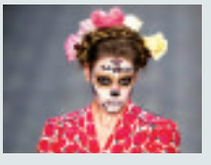
SALLY BROMPTON

Caption Contest

"You're not from around here, are you kid?"
Megan

ELISE AMENDOLA/ THE ASSOCIATED PRESS

Win!

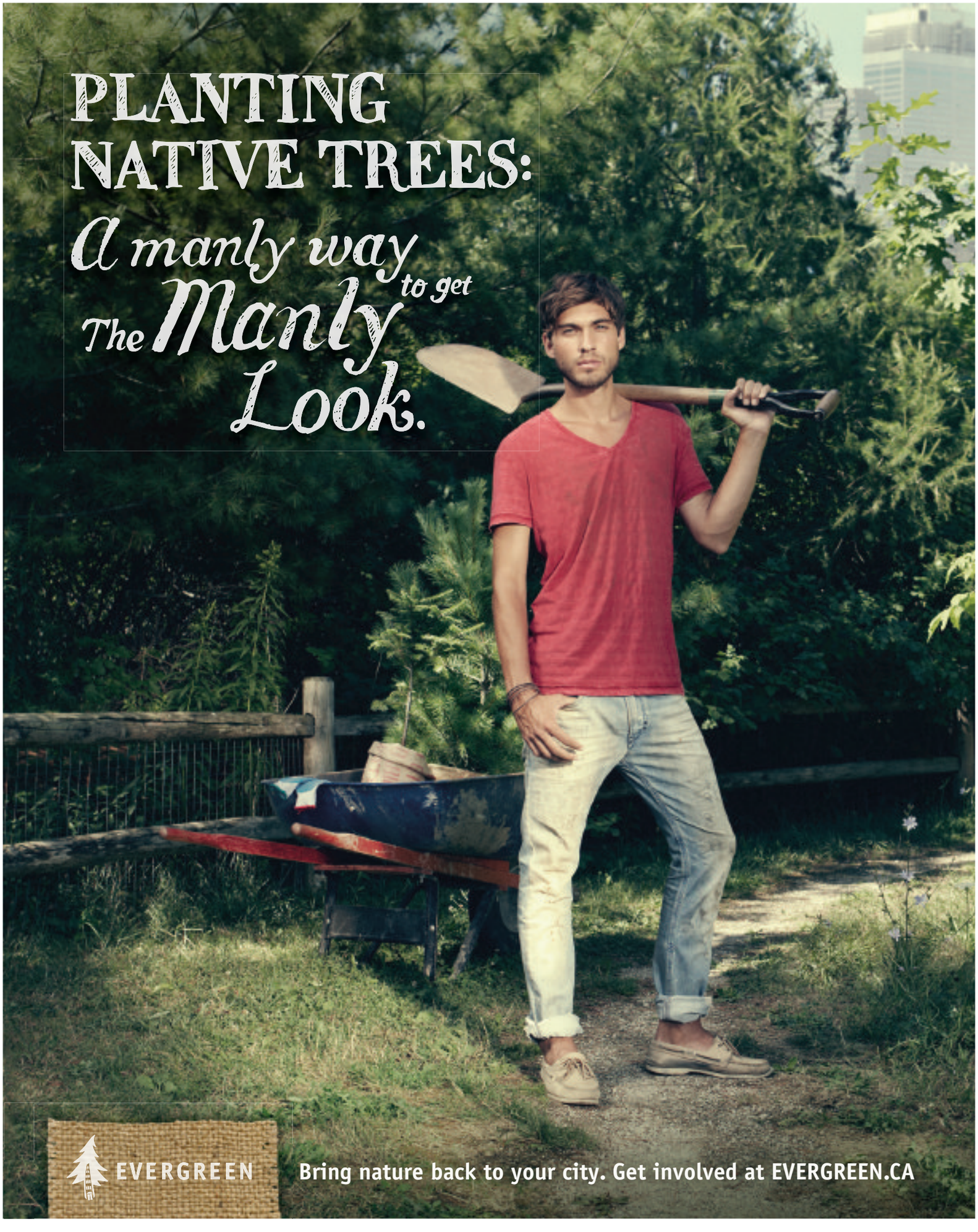


You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

easy — hard


PLANTING
NATIVE TREES:
A manly way to get
The Manly
Look.
EVERGREEN
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